

# Prime Time News

## MOUNTAIN VIEW SENIOR CENTER

NOVEMBER

2011

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### SENIOR CENTER HOURS

**Monday - Wednesday**  
8:30 a.m. - 9:00 p.m.

**Thursday - Friday**  
8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

DIANE ATIENZA  
SARAH FOSTER (acting)  
Recreation Coordinators

MORGAN BYLER  
NANCY HUGYIK  
CYNTHIA SPINELLA  
Recreation Specialists

Earlene Minnis  
LUNCH PROGRAM  
650-964-6586

EVENING BUILDING  
ATTENDANTS  
Manny Canaan  
Allie Ralph Ching  
Jose DeAnda  
BJ Hathaway  
Angelika Ignaitis  
Rich Stephens

### SENIOR CENTER CLOSED

Friday, November 11

**VETERAN'S DAY**

November 24-25

**THANKSGIVING DAY HOLIDAY**

**WORKSHOPS:** Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

### MEDICARE UPDATES 2011-12

Are you new to Medicare, or would you like to learn about your Medicare options? Then join Marcelo Espiritu from HICAP (Health Insurance Counseling and Advocacy Program) as he gives an overview of Medicare, upcoming deadlines, and information on how to receive more personalized counseling.

**WHEN: Thursday, November 3 at 1:00 p.m.**

### ENERGY UPGRADE MOUNTAIN VIEW

How much are you spending on your energy bill? Making your home more energy efficient doesn't have to be complicated or expensive. Learn about Energy Upgrade Mountain View, free online home energy assessment software that was designed specifically for Mountain View residents. Join Elizabeth Sarmiento from Acterra, a local non-profit, to learn about this great program as well as eligibility guidelines for a Green@Home HouseCall, an in-home energy assessment and upgrade.

**WHEN: Thursday, November 10 at 1:00 p.m.**

### facebook: NOT JUST FOR KIDS

Facebook is a great way to keep in contact with your friends and family members on the internet. Join Monica Lipscomb as she shows you some tips and tricks to managing a personal profile on Facebook. **PREREQUISITE:** You must have a Facebook profile to sign up for this workshop.

**WHEN: Wednesday, November 16 at 2:30 p.m.**

### MEMORY GAMES & ALZHEIMER'S

Join Dr. J. Wesson Ashford, Senior Research Scientist at the Stanford/VA Aging Clinical Research Center, for this interactive workshop during Alzheimer's Awareness month. Dr. Ashford will discuss Alzheimer's disease, how to recognize it, what it does, and current research on the disease at Stanford and around the world. He will also engage in a memory screening game, MemTrax, anonymous and open to anyone who would like to participate. After the screening, Dr. Ashford and a staff member can review results and discuss concerns.

**WHEN: Thursday, November 17 at 1:00 p.m.**

WORKSHOPS

City of Mountain View, CSD, Recreation Division  
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, [www.mountainview.gov](http://www.mountainview.gov)

# MOVIES, MOVIES, MOVIES!

Come to one of our triple showings!

**Matinee showtimes:** Tuesdays and Fridays at 1:00 p.m.

**Evening showtime:** Wednesdays at 5:30 p.m.

**Location:** Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.

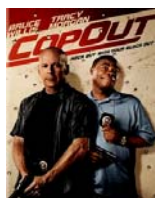


## THE TOWN

**November 1, November 2, and November 4**

**RATED:** R (Strong violence, pervasive language, some sexuality and drug use) **LENGTH:** 125 Minutes

**DESCRIPTION:** Career bank robber Doug (Ben Affleck) and his volatile partner, Jim (Jeremy Renner), hit a roadblock when Doug falls for bank manager Claire (Rebecca Hall), whom he kidnapped during their last heist. Worse, an FBI agent (Jon Hamm) is now trailing the thieves around their Charlestown, Mass., territory. Affleck directs and co-writes this smart, intricate action film that co-stars Blake Lively.



## COP OUT

**November 8 and November 9 ONLY**

**RATED:** R (Pervasive language, violence and brief sexuality)

**LENGTH:** 107 Minutes

**DESCRIPTION:** Jimmy Monroe (Bruce Willis) and off-kilter Paul Hodges (Tracy Morgan) are two suspended cops trying to track down a stolen and very valuable 1950s baseball card. Along the way, they encounter a Mexican beauty and countless other characters and get entangled with the mob. Kevin Smith (Clerks) directs this comedic action flick co-starring Adam Brody, Jason Lee, Michelle Trachtenberg, and Kevin Pollak.



## LIMITLESS

**November 15, November 16, and November 18**

**RATED:** PG-13

**LENGTH:** 105 Minutes

**DESCRIPTION:** With his writing career dragging and his girlfriend casting him off, Eddie Morra's (Bradley Cooper) life turns around when he takes a drug that provides astonishing mental focus -- but its deadly side effects threaten his future. Robert De Niro also stars.



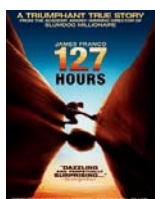
## THE SWITCH

**November 22 and November 23 ONLY**

**RATED:** PG-13

**LENGTH:** 101 Minutes

**DESCRIPTION:** Still single and increasingly attuned to the cacophony of her biological clock, 40-something Kassie (Jennifer Aniston) decides that if she can't find a mate she'll still pursue motherhood with the help of a sperm sample that's not quite as anonymous as she thinks. As the baby grows up, Kassie's best friend, Wally (Jason Bateman), agonizes over whether to reveal that he secretly replaced the donor sample with his own DNA.



## 127 HOURS

**November 29, November 30, and December 2**

**RATED:** R (language and some disturbing violent content/bloody images)

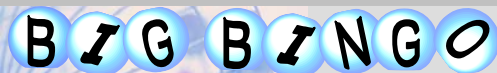
**LENGTH:** 94 Minutes

**DESCRIPTION:** From director Danny Boyle comes this harrowing tale of real-life mountain climber Aron Ralston (James Franco), who literally cuts himself loose from danger -- and lives to tell about it-- when a sliding rock pins his forearm under a boulder during a climb in Utah. To stay alive, Ralston resorts to his basest survival instincts. The film scored Academy Award nominations in the Best Picture and Best Actor categories.

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

## NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, November 21, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.



**Big Bingo** - Feeling lucky?  
Join us for Big Bingo on  
**Monday, November 7 at 1:00 p.m.** in the Social Hall.

## COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

## DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

- Old eyeglasses • Magazines • DVDs • Paperback books •
- FREE TABLE**—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. **SMALL** items only please!



## DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



## BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!



**SENIOR CENTER BOOK CLUB** - Meetings are held the second Tuesday of each month (**11/8/11**) in the Teen Center, 298 Escuela Avenue (next to the Senior Center), from 10:30 a.m. – 11:30 a.m. Up next for discussion is "The Confessions of Catherine De Medici" by C.W. Gortner, with a guest appearance by the author! December's book will be "The Secret Scripture" by Sebastian Barry.

## Technology Room Guidelines

### Usage:

- » All computers can be used on a first come, first serve basis.
- » A 30 minute limit on all computers is enforced if there are people waiting.
- » The room is closed when computer classes and workshops take place.
- » Do not change the homepage, download any software to the computer, or save anything to the hard drive.
- » Computers are for independent use and Senior Center staff does not provide computer support. However, volunteers are available on certain days/times to answer questions.

» If a computer appears to be broken or malfunctioning, please inform the front desk.

### Respect:

- » Food and drinks are not allowed.
- » Cell phone usage is not allowed.
- » Please keep feet off of the chairs.
- » Remember to clean your area and to take all belongings with you before you leave.
- » Please respect your neighbors and moderate your voice.

### Printing:

- » You may print up to 25 pages max. All pages are 5 cents each.
- » You may pick up your prints at the front desk. Pages must be paid for at that time.
- » Please pay attention to which items you are printing as all pages that are printed must be paid for (not just the ones you want).

### Health and Safety:

- » To maintain a healthy environment, please do not cough or sneeze directly on the computers.
- » Please do not block walkways with chairs or other items.



## DECEMBER HOLIDAY HOURS

During the last week of December, the Senior Center will be open for limited days and hours for lunch and the Brown Bag program only. Please plan ahead, and coordinate your transportation needs only.



**Monday, December 26**

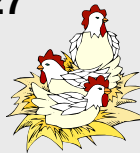
Closed



**Tuesday, December 27**

9:30 a.m. - 1:30 p.m.

(open for Brown Bag and Lunch Program only\*)



**Wednesday, December 28**

10:30 a.m. - 1:30 p.m.

(open for Lunch Program only\*)



**Thursday, December 29**

10:30 a.m. - 1:30 p.m.

(open for Lunch Program only\*)

**Friday, December 30**

Closed



\*Please note that only the Social Hall (and Multi A for Brown Bag) will be open. **All other areas in the Senior Center will be closed.**

## HELP SENIORS WITH INCOME TAX RETURNS AND TAX QUESTIONS!

Free training each tax season in January on basic Federal and California tax law for individual returns.

- ◆ Receive IRS certification as a volunteer preparer
- ◆ Learn a professional tax software package
- ◆ Prepare returns at senior centers during tax season (4-8 hours per week February 1—April 15)
- ◆ Occasional off-season volunteer opportunities.

Contact AARP Tax-Aide at 1-888-687-2277 or (locally) Keith at (650) 969-5643 or visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide).

## 2011 HOLIDAY GALA

December is around the corner, which means an afternoon of holiday cheer is near! Enjoy dancing to Jerry Jay's Quartet as well as free refreshments. This event is free, and everyone is welcome!

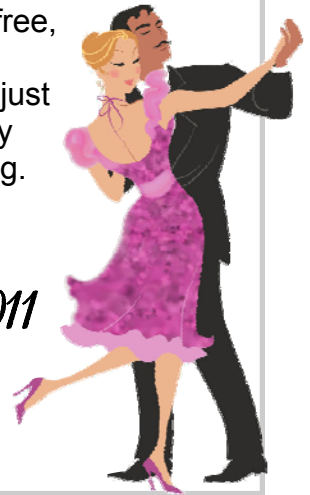
Registration is not required, just show up, show off your fancy frocks, & enjoy some dancing.

*Wednesday,*

*December 21, 2011*

*4:00 p.m. to 6:00 p.m.*

*Social Hall*



## FREE HEARING SCREENING

On Thursday, November 17, 2011, students from San Jose State University will be offering free hearing tests accompanied by counseling on the status of your hearing, communication strategies for how to communicate when you have trouble hearing, and tips on how to communicate with people who have difficulty hearing. Register early as space fills quickly!



## AUTHOR TALK

C.W. Gortner, author of the Senior Center Book Club's November selection, "The Confessions of Catherine de Medici", will speak at the Book Club meeting on Tuesday, November 8 at 10:30 a.m. C.W. Gortner is a local author who has written several novels about famous women in history. The talk is open to everyone and will take place at the Teen Center, 298 Escuela Avenue.

## VOLUNTEER CORNER

SEPTEMBER 2011

<b>Brown Bag</b>	<b>192</b>
<b>Lunch Program</b>	<b>293</b>
<b>Receptionists</b>	<b>183.25</b>
<b>Social Services</b>	<b>57</b>
<b>Teaching</b>	<b>194.75</b>

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**Total** **920 hours!!**

## BRAIN GANG ON TUESDAY NIGHTS!

Can laughter make you more alert? This class focuses on the relationship between emotional wellness and mental acuity. Each week, the participant driven group will be exploring topics that can impact our overall personal health. From decision-making and communication to gratitude and laughter, each area of discussion will give participants the chance to learn something new about themselves. Join us on Tuesdays, from 7:00 pm – 8:00 pm, in the Senior Center Meeting Room.



## INTERESTED IN PLAYING TABLE TENNIS?

The Senior Center's table tennis tables are open to ALL seniors who want to play! To play on the indoor tables, **you must sign up at our reception desk** for a half hour time slot (you do not need to sign up to use the outdoor table). All skill levels from novice to experienced can use the tables, so join the fun now!



## SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2011) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: November 16, 2011.

**Holiday Bazaar**

**SATURDAY NOVEMBER 19 2011**

**8:30 a.m. until 2:00 p.m.**

**Here at the Senior Center!**

Get a jump start on your holiday shopping with the homemade crafts of the Senior's Center's Annual Holiday Bazaar. Enjoy a day of:

- ♦ Handcrafted goods for sale ♦  
*See examples of handicrafts in the display case during November*
- ♦ Live entertainment ♦
- ♦ Lunch available for purchase ♦
- ♦ Raffle ♦  
*Free raffle ticket for everyone who attends the Holiday Bazaar!*
- ♦ Ornament Contest ♦  
*All entries must be homemade and not previously submitted. Otherwise, the limits of your imagination are your only guidelines! Deadline for submission is 10:00 a.m. on November 19.*

For more information, call 650-903-6330.

Appointments are necessary, unless otherwise noted.  
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

**There are NO waitlists for appointments.**

## HEALTH SERVICES



**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wednesday** of each month (**11/23/11**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

**BLOOD PRESSURE CHECK** - Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

**EYEGLOSS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**11/08/11 and 11/22/11**).

**HEARING SCREENING** - Visit Dr. Tang the **second Monday** of each month (**11/14/11 from 2:00 - 4:00 p.m.**).

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month (**11/14/11; 11/22/11**).



**NOTARY SERVICE** - Offered the **first Thursday (11/3/11)** of each month. Appointments available from 8:30 - 10:30 a.m.

**PODIATRY SCREENING** - Third Wednesday (**11/16/11**) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday (11/3/11, 11/17/11)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

## FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

**NUTRITION PROGRAM** - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50**, and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.

## MTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

MTA will be at the Senior Center on **Thursday, December 1** at 10:00 a.m. to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 16<sup>th</sup> of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.



## CSA INFORMATION + REFERRAL

On the **third Tuesday of each month (11/15/11)** at 11:00 a.m., agents from the Community Services Agency will be in the hallway in front of the Social Hall to answer your questions. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

## AARP DRIVER SAFETY

**REGULAR CLASS** - The Safety Program class offered by AARP is scheduled for **November 8 and 15, 2011 from 6:00 p.m. to 10:00 p.m.** at the Senior Center. The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier.

**REFRESHER COURSE** - **Tuesday, December 13, 2011 from 5:30 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. **Cash cannot be accepted.**

**ONLINE** - Driver Safety program now available. Visit [www.aarp.org](http://www.aarp.org) for information & to sign up.

**NOTE:** AARP may cancel course if fewer than 10 students enroll.



# Mountain View Seasoned Travelers



For travel information, registration and payment:  
Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and  
Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.

## PASSPORT

*Please join us...*

**Tuesday, November 29, 2011  
10:00 a.m.**

**at the Mountain View  
Senior Center,  
for a travel club presentation for  
trips through June 2012.**

**Refreshments will be served.**

### TWIN PINE CASINO, Middletown

**WHEN: Wednesday, November 2, 2011**

**COST: \$28.00 per person**

**INCLUDES:** Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 6:00 p.m.



### CACHE CREEK CASINO, Brooks

**WHEN: Tuesday, December 6, 2011**

**COST: \$33.00 per person**

**INCLUDES:** Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 6:00 p.m.

## A MINER'S CHRISTMAS

**WHEN: Saturday, December 10, 2011**

**INCLUDES:** Travel back in time to historic Columbia State Park for an old-fashioned Christmas of 1850s crafts demonstrations, boutique shopping, classic candy shops, period costumed inhabitants, and Father Christmas! Enjoy a matinee performance of "The Winter Wonderettes" at the Historic Fallon House Theater!

**DEPART:** 8:30 a.m. from Rengstorff Park

**COST: \$78.00 per person**

**RETURN:** Approximately 6:30 p.m.



2012 trip signups begin November 3!

### GOLDEN GIRLS OF POP LUNCHTIME CABARET

**WHEN: Thursday, February 16, 2012**

**COST: \$82.00 per person**

**INCLUDES:** Long-time San Francisco favorite, Marianne Kent, sings the songs of famous female pop vocal stars of the 1950s. Enjoy a hosted luncheon at Imperial Palace Restaurant as you listen to the songs made timeless by Peggy Lee, Judy Garland, Doris Day, and Rosemary Clooney.

**DEPART:** 11:45 a.m. from Rengstorff Park

**RETURN:** Approximately 5:00 p.m.



### A DAY AT THE RACES

**WHEN: Thursday, April 12, 2012**

**COST: \$78.00 per person**

**INCLUDES:** Join us for a day at the beautiful Golden Gate Fields to see the best jockeys in the nation, as they fly around the track on big beautiful horses. Bet on your favorite and enjoy a Turf Club Buffet Lunch.

**DEPART:** 10:15 a.m. from Rengstorff Park

**RETURN:** Approximately 6:30 p.m.

### CULINARY INSPIRED NAPA VALLEY DAY TOUR

**WHEN: Monday, May 14, 2012**

**COST: \$111.00 per person**

**INCLUDES:** Tour the Culinary Institute of America and then enjoy a three-course hosted luncheon offering an array of delicious temptations prepared by these culinary artisans. Then, tour Oxbow Public Market and sip, shop, and savor local artisan specialties.

**DEPART:** 8:30 a.m. from Rengstorff Park

**RETURN:** Approximately 5:30 p.m.



TRAVEL

Monday	Tuesday	Wednesday
 <p>How well do you know your Senior Center?</p> <p>The courtyard of the Senior Center contains four ginkgo trees, identifiable by their distinctive leaves.</p>		
<p>7</p> <p>10:30 Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Chicken pot pie</p> <p>Mixed veggies in entrée</p> <p>Tossed salad</p> <p>Fortified juice</p> <p>1:00 Big Bingo</p>	<p>1</p> <p>11:45 Lunch Menu</p> <p>Linguine w/ Tuna Pasta</p> <p>Peas &amp; red peppers</p> <p>Spinach salad</p> <p>Fruit</p> <p>1:00 Movie: The Town</p> <p>4:00 Wii Bowling</p>	<p>2</p> <p>7:30 Twin Pine Casino</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Szechwan chicken</p> <p>Brown rice &amp; Sautéed cabbage</p> <p>Green salad &amp; Pineapple</p> <p>12:45 Bingo, lunch room</p> <p>5:30 Movie: The Town</p>
<p>14</p> <p>8:30 HICAP</p> <p>10:30 Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Swedish Meatballs over Egg Noodles</p> <p>Baked Tomato</p> <p>Spinach Salad</p> <p>Melon</p> <p>2:00 Hearing Screening</p>	<p>8</p> <p>9:15 Eyeglass Repair</p> <p>10:30 Book Club - "Confessions of Catherine de Medici"</p> <p>11:45 Lunch Menu</p> <p>Meatloaf</p> <p>Whole grain bread &amp; Mixed veggies</p> <p>Fortified mashed potatoes &amp; Apple</p> <p>1:00 Movie: Cop Out</p> <p>4:00 Wii Bowling</p> <p>6:00 AARP Driver Safety</p>	<p>9</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Baked breaded fish</p> <p>Brown rice</p> <p>Peas &amp; pearl onions</p> <p>Carrot raisin salad</p> <p>Orange</p> <p>12:45 Bingo, lunch room</p> <p>5:30 Movie: Cop Out</p>
<p>21</p> <p>10:30 Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Chicken cordon bleu</p> <p>Brown rice</p> <p>Peas &amp; pearl onions</p> <p>Green salad</p> <p>Orange</p> <p>2:00 Newcomers' Group</p>	<p>15</p> <p>10:00 Seasoned Travelers Meeting</p> <p>11:00 CSA Information + Referral</p> <p>11:45 Lunch Menu</p> <p>Chicken cacciatore</p> <p>Bell peppers, mushrooms, tomatoes &amp; onion in entrée</p> <p>Green salad &amp; Apple crisp</p> <p>1:00 Movie: Limitless</p> <p>4:00 Wii Bowling</p> <p>6:00 AARP Driver Safety</p>	<p>16</p> <p>10:00 Podiatry Screening</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Roast pork loin</p> <p>Whole grain bread</p> <p>Broccoli, cauliflower &amp; carrots</p> <p>Mashed potatoes &amp; Fruit</p> <p>12:45 Bingo, lunch room</p> <p>2:00 Senior Advisory Committee Meeting</p> <p>5:30 Movie: Limitless</p>
<p>28</p> <p>10:30 Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Chop suey- pork, bok choy, onions, celery, bean sprouts in entrée</p> <p>Brown rice</p> <p>Cabbage salad w/ crispy noodles</p> <p>Apricots</p>	<p>22</p> <p>9:15 Eyeglass Repair</p> <p>11:45 Lunch Menu</p> <p>Beef stroganoff</p> <p>Noodles</p> <p>California Blend veggies</p> <p>Cabbage salad</p> <p>Gelatin w/ fruit</p> <p>1:00 HICAP</p> <p>1:00 Movie: The Switch</p> <p>4:00 Wii Bowling</p>	<p>23</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Thanksgiving Lunch: <i>Seating limited, please arrive early to be seated.</i></p> <p>Turkey, stuffing, candied yam, mashed potatoes &amp; pumpkin pie!</p> <p>12:30 Alzheimer's Screening</p> <p>12:45 Bingo, lunch room</p> <p>2:30 Workshop: Facebook</p> <p>5:30 Movie: The Switch</p>
<p>29</p> <p>10:30 Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Chop suey- pork, bok choy, onions, celery, bean sprouts in entrée</p> <p>Brown rice</p> <p>Cabbage salad w/ crispy noodles</p> <p>Apricots</p>	<p>29</p> <p>11:45 Lunch Menu</p> <p>Ron's special chicken</p> <p>Whole grain bread</p> <p>Mixed veggies</p> <p>Green salad</p> <p>Tropical fruit</p> <p>1:00 Movie: 127 Hours</p> <p>4:00 Wii Bowling</p>	<p>30</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Baked salmon stuffed w/crab</p> <p>Couscous w/onions, green bell pepper, &amp; mushrooms</p> <p>String beans &amp; Carrot raisin salad</p> <p>Mandarin oranges</p> <p>12:45 Bingo, lunch room</p> <p>5:30 Movie: 127 Hours</p>



**Thursday**

**Friday**

**EASY SALMON  
CAKES**

If you are trying to boost your intake of omega-3s, try this simple favorite.

**INGREDIENTS:**

3 tsp extra-virgin olive oil  
1 small onion, chopped  
1 stalk celery, diced  
2 tbl chopped fresh parsley  
15 oz canned salmon  
drained, or 1.5 cups  
cooked salmon  
1 large egg, lightly beaten  
1 1/2 tsp Dijon mustard  
1 3/4 whole-wheat  
breadcrumbs  
1/2 tsp pepper

**DIRECTIONS:**

1. Preheat oven to 450°F. Coat a baking sheet with cooking spray.
2. Heat 1 1/2 tbl olive oil in large nonstick skillet over medium-high heat. Add onion and celery; cook, stirring, until softened, about 3 minutes. Stir in parsley, remove from heat.
3. Place salmon in medium bowl. Flake apart with a fork; remove bones and skin. Add egg and mustard; mix well. Add onion mixture, breadcrumbs and pepper. Shape mixture into 8 patties, about 2.5 inches wide.
4. Heat 1.5 tbs oil in pan over medium heat. Cook, four patties at a time, until undersides are golden, 2-3 minutes. Turn them over onto the prepared baking sheet. Repeat with remaining patties.
5. Bake salmon cakes until golden on top and heated through, 15-20 minutes.
6. Serve with dill sauce and sliced lemons.

3  
8:30 Notary Service Appointments  
10:30 Bookmobile  
11:45 Lunch Menu  
Fish w/ lemon wedge  
Brown rice pilaf  
Broccoli & cauliflower  
Carrot raisin salad  
Apricots  
1:00 SALA Appointments  
1:00 Workshop: Medicare Updates

10  
10:30 Bookmobile  
11:45 Lunch Menu  
Lasagna  
Corn w/ red peppers  
Coleslaw  
Fruit cocktail  
1:00 Workshop: Energy Upgrade MV

17  
9:00 SJSU Hearing Screening  
10:30 Bookmobile  
11:45 Lunch Menu  
Chicken enchiladas  
Spanish rice  
Corn & Green salad  
Fruit w/ mandarin oranges  
1:00 SALA Appointments  
1:00 Workshop: Memory Games and Alzheimer's

24  **Thanksgiving  
Holiday**  
25 **Senior Center Closed**

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

4  
10:30 Blood Pressure Check  
10:45 Dancing w/ Ana & Irv  
11:45 Lunch Menu  
Beef stew  
Carrots, onion, celery in stew  
Whole grain bread  
Garden salad  
Fruit  
1:00 Movie: The Town

11  
**Senior Center Closed**  
**Veteran's  
Day**

18  
10:30 Blood Pressure Check  
10:45 Dancing w/ Ana & Irv  
11:45 Lunch Menu  
Country fried steak  
Whole grain bread  
Mashed potatoes  
Broccoli & carrots  
Pears  
Celebrating November Birthdays w/ Birthday Cake  
1:00 Movie: Limitless

**Holiday Bazaar  
tomorrow!**



***WELCOME to the new "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond! Alzheimer's awareness, tree lighting, class information, special Senior Center events; it's all listed here!***

November is National Alzheimer's Disease Awareness Month. The following is an excerpt from President Barack Obama's Proclamation in 2009:

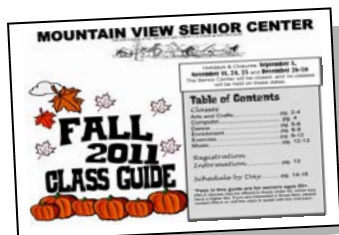
"Every day, millions of American families experience the difficult reality of Alzheimer's disease. The physical and emotional demands of caring for a loved one with Alzheimer's can be overwhelming, but no one should face this disease alone. During National Alzheimer's Disease Awareness Month, we recognize all those living with Alzheimer's disease and honor the caregivers, including families and friends, who support them. We also renew our commitment to research that is improving treatments for this illness and may one day prevent it entirely."

Learn more about Alzheimer's disease by attending the workshop at the Senior Center on November 17 (see page 1) or visiting the Alzheimer's Association website at [www.alz.org](http://www.alz.org) or calling their hotline: 800-272-3900.

Are you on **facebook**?

Get to-the-minute updates on recreation opportunities and events by "liking" the City of Mountain View Recreation Division Facebook page! Learn how by joining the November 16 computer workshop (see page 1)!

Pick up an orange Fall 2011 Class Guide now and find information on classes that take place at the Senior Center, costs, registration information, and more!



**PICTURE PERFECT:  
How well do you  
know your Senior  
Center?**

*Can you guess where around the Senior Center this picture was taken? (Answer on page 8) Photo by Gabriel McNern*

## Annual Community Tree Lighting

Monday, December 5, 2011  
5:30 p.m.—7:30 p.m.

Join us in downtown Mountain View for a great community event!

**Civic Center Plaza  
500 Castro Street**

Including:

- ◆ Live music
- ◆ Refreshments
- ◆ Crafts for kids
- ◆ Face art
- ◆ Pictures with Santa (bring your own camera)



In the spirit of the season, please bring a can of food to help build the giving tree, which benefits the Community Services Agency of Mountain View and Los Altos. For more information, call (650) 903-6331.

**GIVE US  
YOUR EMAIL**

If you would like to receive the **Senior Center Monthly Prime Time News Newsletter** via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!